



For immediate release:

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STATE HEALTH COMMISSIONER DISCUSSES OBESITY PREVENTION

MADISON, IN---To highlight local obesity prevention efforts, State Health Commissioner Judith A. Monroe, M.D., hosted a regional meeting today at the Jefferson County Health Department in Madison. This meeting was a follow-up to the INShape Indiana 2005 Health Summit "Obesity Prevention: A Commitment to Act" held in Indianapolis.

During this event, public health workers and other obesity prevention advocates from several surrounding counties and organizations discussed ideas presented at the summit. They also learned how they can become more involved in obesity prevention planning locally and discussed possible future initiatives and regional partnerships. Dr. Monroe was on hand to share her ideas and help facilitate discussion.

"There's a good energy in Indiana with folks who want to make a difference," said Dr. Monroe. "We all need to work together for obesity prevention, and anyone can take the lead on this."

Indiana currently has high rankings for obesity, smoking, and lack of physical activity:

- Indiana ranks ninth in the nation for obesity
- 62 percent of Hoosiers are overweight or obese
- 1 million adult Hoosiers smoke
- 1 in 4 Hoosiers admit to engaging in no physical activity

INShape Indiana was launched by Governor Mitch Daniels in July 2005 to motivate Hoosiers to engage in healthy lifestyles. The October 2005 obesity summit continued this effort to combat the negative health effects from Hoosiers being overweight and obese.

Approximately 400 individuals representing more than 50 counties and more than 200 organizations participated in the obesity summit, including leaders from the medical, business, faith-based, school, and government communities.

Earlier in the day, Dr. Monroe spent some time with area health department officials taking comments about local preparedness issues and discussing the state pandemic influenza plan and upcoming conference.

For more information regarding obesity prevention or INShape Indiana, log on to:

www.INShape.IN.gov.

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